Relaxation and Massage Sessions January to June 2020
Wednesday 6pm to 9pm, Saturday 2.30pm to 5.30pm

Dates as below (may change if needed):

- **January** – Wednesday 8th or 15th  No Saturday session
- **February** – Wednesday 12th  Saturday 8th or 15th
- **March** – Wednesday 4th  Saturday 14th or 28th
- **April** – Wednesday 1st or 22nd  No Saturday session
- **May** – Wednesday 6th  Saturday 16th
- **June** – Wednesday 3rd  Saturday 20th

Workshops facilitated by a Midwife / Childbirth Educator. Attend from 24 weeks.

- Maximum of 8 women can be booked for a session due to space availability.
- This is a “hands on” workshop and a partner / support person is encouraged to attend to assist with massage and self-comfort techniques.
- Wear comfy clothes; bring two pillows and a yoga mat if available – limited supply in Paluma Room.

**How to book:**

- Women can self-refer using the ‘Referral Form - Childbirth and Parenting Sessions’
- Be referred by doctor/midwife/GP
- Email TSV-childbirtheducation@health.qld.gov.au  Include full name, date of birth, date baby is due, a mobile number and session date – 1st & 2nd preferences

Childbirth Education (CBE) midwife will follow up on the referrals.

Women receive a confirmation letter with date, time and information regarding the session. Reminder SMS sent before workshop.

Questions regarding childbirth education session contact CBE Mob 0457905534.
Session will be held in the Paluma Meeting Room, First Floor, just before The Cardiac Ward.

Shortest route to the Paluma Meeting Room -

- From public carpark head towards main hospital entrance. Just before the main entrance turn right and walk past the two silver coloured bench seats, bicycle rack and sign for ‘After Hours’ entrance (on the left)
- Walk towards the wall of mustard tiles
- Enter hospital via the recessed side entrance on the left, doors open 6.30am to 9pm
- Take lift 13 to first floor
- Follows signs to Paluma Meeting Room – right out of lift, right into main corridor, room on left before Cardiac Ward

• Alternatively, women can use interactive maps throughout the hospital or ask a staff member for Directions

What to bring:

- A support person. Midwife can help with massage if a support person is unable to come along
- 2 pillows
- A yoga mat (if you women have one) or a towel for the floor
- Wear comfortable clothes – leggings etc

During the session we will explore:

- the effects of stress on the body and how this can impact pregnancy, labour and birth
- thoughts / beliefs surrounding labour and birth
- pain perceptions, how the uterus works, mind and body connections

This is a ‘Hands on” session. Women will be able to learn about and practice some coping strategies for labour and birth including:

- relaxation - breathe awareness, visualisation, massage and acupressure
- tips for support people